



**Exeter Connect**



# Volunteer Opportunities

# Introduction

Welcome to Exeter Connect's Volunteer Opportunities brochure. Listing 69 local organisations, you are bound to find your perfect volunteering opportunity!



Exeter Connect is a project of Exeter Community Initiatives. We are a voluntary and community sector support service providing free one-to-one mentoring and advice; training and events; and networks to help community groups in Exeter develop and grow.

We have a vision to make Exeter a place where residents, community groups and organisations can make a positive difference in the places where they live and work.

Whatever stage you are at with your project or community group, we can help on topics such as: starting up a group; organisational health checks; funding support; business planning and role of Trustees.

Get in touch if you'd like to talk to us. You'll find our contact details on the back page.

Yours sincerely

*Johanna Korndorfer*

**Exeter Connect**

# List of organisations

Action East Devon  
Alphington Community Association  
Age UK Exeter  
Balloons  
bthechange CIC  
Bread of Life Outreach  
Children's Air Ambulance  
Christians Together Across Exeter  
Citizens Advice Exeter  
Citizens Advice Witness Service  
Circles Southwest  
CoLab Women Exeter  
Cygnet Theatre  
Coachbrite  
Devon County Council  
Devon and Cornwall Police  
Devon Communities Together  
Devon Partnership Trust  
Devon Gardens Trust  
Devon Meditation Service  
Devon Rape Crisis & Sexual Abuse  
Exeter Leukaemia Fund  
Exeter & District Scouts  
Exeter Cathedral  
Exeter Community Energy  
Exeter Community Fridge  
Exeter Community Initiatives - Transitions  
Exeter Community Initiatives - Jelly  
Exeter Drama Company  
Exeter Heritage  
Exeter Library of Things  
Exeter West Lions Club





# List of organisations cont.

FORCE Cancer Charity

FearLess

Food Bank

Freedom Wheels

Girl Guiding Exeter

GoodGym

Heart Heroes

Home-Start Exeter, East and Mid Devon

Hospiscare

Hospital Radio Exeter

InExeter

Interwoven Productions CIC

Julian House

Living Options Devon

LOVE Food CIC

Magic Carpet

Marie Curie

Make a Smile

On The Hill CIC

organicARTS

Poltimore House & Grounds

Park Life Heavitree

Royal Air Force Air Cadets

Royal Devon University Hospital

Read Easy Exeter

Salvation Army Housing Association

SisterWood

Southernhay Child Contact Centre

South West MS Therapy Centre

St Sidwells Community Centre

Theatre Alibi

The Beacon Centre

The Friends of Heavitree Health Centre

The Hot Food Project

The Salvation Army

Together Drug & Alcohol Service

YMCA Exeter



# Action East Devon



We are a Volunteer scheme based within a GP Practice supporting people with their health and wellbeing by having a transport scheme to help get to medical appointments and activities to help with isolation.

Volunteering opportunities available:

- Chair Person
- Drivers
- General help and fundraising

## Contact

-  01404 549045
-  [info@actioneastdevon.org.uk](mailto:info@actioneastdevon.org.uk)
-  [www.actioneastdevon.org.uk](http://www.actioneastdevon.org.uk)
-  The Station, Mill Street, Ottery St Mary EX11 1AH

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# Alphington Community Association

We manage and run the Community facilities in Alphington, offering space for hire and opportunities to help and support community events.

Volunteering opportunities available:

- Managing the facility
- Financial expertise
- Support for community events

## Contact

-  07413 213295 or 07815 592000
-  <http://www.alphington.btck.co.uk>
-  [alphington.village@btinternet.com](mailto:alphington.village@btinternet.com) or [krsidgwick@hotmail.com](mailto:krsidgwick@hotmail.com)
-  Alphington Village Hall, Ide Lane Exeter EX2 8UP



## Age UK Exeter



Age UK Exeter are a local charity working across Exeter for over 30 years. Our team of staff & volunteers offer support & engaging activities to older people, their families & carers. Our Mission is to enable older people to make the most of life, whatever their circumstances.

Volunteering opportunities available:

- Volunteer Visitor
- Information & Advice Volunteer
- Volunteer Reception/ Administrator

## Contact

 01392 202092

 [info@ageukexeter.org.uk](mailto:info@ageukexeter.org.uk)

 [www.ageuk.org.uk](http://www.ageuk.org.uk)

 Age UK Exeter The Sycamores Mount Pleasant Road Exeter, EX4 7AE

## Balloons

We support bereaved children & young people across Exeter, East & Mid Devon – providing 1-2-1 support, telephone helpline, care packages, activity days & training.



Volunteering opportunities available:

- Grief Support Workers to support bereaved children and young people

## Contact

 01392 982 570

 [www.balloonscharity.co.uk](http://www.balloonscharity.co.uk)

 [donnajames@balloonscharity.co.uk](mailto:donnajames@balloonscharity.co.uk)

 Balloons First floor 6 Providence Court Pynes Hill, Exeter, EX2 5JL



# bthechange CIC




bthechange CIC is an award-winning Community Interest Company that operates across The Southwest of England & South & Mid Wales providing a range of life changing initiatives to directly support over a thousand individuals a year with moving forward with their lives that are either at risk of entering or who are in the criminal justice system.

Volunteering opportunities available:


- Community transition mentor
- Administrator Social media assistant

## Contact

 0800 0016 521

 [hello@bthechange.org.uk](mailto:hello@bthechange.org.uk)

 [www.bthechange.org.uk](http://www.bthechange.org.uk)

 bthechange CIC The Generator Quay House The Quay Exeter, EX2 4AN

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## Bread of Life Outreach



**Bread of Life**


Homeless Support  
Registered Charity Number 118500

Serving the homeless in Exeter & the surrounding areas.


Volunteering opportunities available:

- Fundraising
- Front line servers

## Contact

 07709282519

 [www.breadoflifeoutreach.co.uk](http://www.breadoflifeoutreach.co.uk)

 [Breadoflifeinjesusname@gmail.com](mailto:Breadoflifeinjesusname@gmail.com)

 Bread of Life Outreach 29 New Street, Cullompton, EX15 1HA



# Children's Air Ambulance



A lifesaving transfer service for critically ill babies and children.

When a child is too sick to travel, we can fly medical teams and bespoke equipment to them from across the UK, turning their local hospital into a specialist centre.

Volunteering opportunities available:

- Volunteer Fundraiser
- Volunteer Bucket Collector
- Volunteer Photographer

## Contact

 0300 3045 999

 [volunteering@theairambulance.org.uk](mailto:volunteering@theairambulance.org.uk)

 <https://theairambulance.org.uk/>

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# Christians Together Across Exeter



CTAX brings together Christians from across Exeter in united acts of service & care for our communities; for example, where two churches working on a youth group together would be more effective than each church running their own youth group.

Volunteering opportunities available:

- Webmaster
- Leafleting team
- Cafe volunteers

You do not have to be a Christian or church member to volunteer with CTAX, just have a heart to help us out.

## Contact

 07855305519

 [ctaxexeter@gmail.com](mailto:ctaxexeter@gmail.com)

 [www.ctax.chessck.co.uk](http://www.ctax.chessck.co.uk)





# Citizens Advice Exeter







Whatever your problem, whatever your situation, we aim to provide you with the advice you need for the problems you face. Our service is free, independent, impartial & confidential.

Volunteering opportunities available:

- Reception Worker
- Advice for Life Trainer

## Contact

-  0808 278 7845
-  [recruitment@citizensadviceexeter.org.uk](mailto:recruitment@citizensadviceexeter.org.uk)
-  [www.citizensadviceexeter.org.uk/volunteering](http://www.citizensadviceexeter.org.uk/volunteering)
-  Citizens Advice Exeter Dix's Field, Exeter, EX1 1QA

# Citizens Advice Witness Service







We provide free and independent support for both prosecution and defence witnesses in every criminal court in England and Wales. Our trained volunteers provide practical information about the process, as well as emotional support to help witnesses feel more confident when giving evidence.

Volunteering opportunities available:

- We are looking for Court Volunteers
- Outreach Volunteer - Interested is communication skills, empathy and flexibility.

## Contact

-  07962647133
-  [ws-volunteering@citizensadvice.org.uk](mailto:ws-volunteering@citizensadvice.org.uk)
-  <https://www.citizensadvice.org.uk/witnessservice/>
-  Exeter Law Courts, Senate Court, Southernhay Gardens, Exeter EX1 1UG



# Circles South West




Circles South West offers Circles of Support & Accountability to people who have sexually harmed. A circle helps people integrate back into society, combat isolation and hold them to account for their behaviour.

Volunteering opportunities available:


- Circle Volunteer - Help Prevent Sexual Harm In Your Community

You will be required to attend a 2 day training and assessment day, we will provide an Enhanced DBS and expenses for the role will be reimbursed.

## Contact

 07738 947988

 [volunteering@circlessw.org.uk](mailto:volunteering@circlessw.org.uk)

 [www.circles-southwest.org.uk](http://www.circles-southwest.org.uk)

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# CoLab Women Exeter



Support for women with a range of needs including homelessness, abuse, poverty, pregnancy & parenthood & isolation. We focus on what's strong, not what's wrong, offering women positive opportunities that enable them to regain their identity & confidence & connection for future resilience.

Volunteering opportunities available:

- Spark Out of Hours Assertive Outreach Volunteers
- Women's Group Volunteers
- Practical Support eg helping with admin, creating Survival Packs for homeless women

## Contact

 01392 284270

 [jeanie.lynch@colabexeter.org.uk](mailto:jeanie.lynch@colabexeter.org.uk)

 [www.colabexeter.org.uk](http://www.colabexeter.org.uk)

 CoLab Women Exeter, WAT TYLER HOUSE, 3 King William St, Exeter EX4 6PD



# Cygnnet Theatre

Cygnnet Theatre trains professional actors in an ensemble company at our studio theatre in Friars Gate.



In addition to our own productions we have a programme of visiting shows, for which we recruit volunteers for Front of House duties, & always welcome any help offered.

Volunteering opportunities available: Serving hot and cold refreshments Ushering audience members to their seats Washing up

## Contact

-  01392 277189
-  [info@cygnettheatre.co.uk](mailto:info@cygnettheatre.co.uk)
-  [www.cygnettheatre.co.uk](http://www.cygnettheatre.co.uk)
-  Cygnnet Theatre Friars' Gate, Exeter, EX2 4AZ





# Coachbright

We are a social mobility charity on a mission to support young people from disadvantaged backgrounds to become confident, independent and resilient so they can lead the lives they want through coaching.



Volunteering opportunities available: Skills: Patience, problem-solving, communication

## Contact

-  07469332526
-  [keri@coachbright.org](mailto:keri@coachbright.org)
-  [www.coachbright.org](http://www.coachbright.org)
-  CoachBright, HO2 Holnicote Wing, University of Exeter, St Luke's Campus, Heavitree Road, Exeter EX1 2LU



# Devon County Council



The Health and Social Care Skills Accelerator Programme ESF Funded

We offer free health and care care skills training and courses across Devon Plymouth and Torbay to anyone living in these areas. All courses are fully funded through the European Social Fund.

## Contact

-  01392 382169
-  [admin.hssap@devon.gov.uk](mailto:admin.hssap@devon.gov.uk)
-  [www.proudtocaredevon.org.uk](http://www.proudtocaredevon.org.uk)
-  County Hall, Topsham Road, Exeter, EX24QD

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## Devon and Cornwall Police



Citizens in Policing (CiP) is a term for all things 'volunteering' within the police & includes police support volunteers, police cadets & the special constabulary. All our volunteers are very important members of our policing family & are a vital resource to help us deliver policing & build valuable links with our communities.

Volunteering opportunities available: Vehicle check volunteers  
Special constables

## Contact

-  [citizensinpolicing@devonandcornwall.pnn.police.uk](mailto:citizensinpolicing@devonandcornwall.pnn.police.uk)
-  [www.recruitment-dcp-dp.org/devon-cornwall-volunteers/](http://www.recruitment-dcp-dp.org/devon-cornwall-volunteers/)
-  D & C Police Headquarters, Middlemoor, Exeter, EX2 7HQ



# Devon Communities Together



DCT is focused on inspiring, upskilling, training, supporting and advising groups and individuals to make changes and achieve positive outcomes for their communities.

Volunteering opportunities available: Travel mentors: supporting 16-24 year olds and over 55s who face barriers to using public transport.

## Contact

-  01392 248919
-  [rod.birtles@devoncommunities.org.uk](mailto:rod.birtles@devoncommunities.org.uk)
-  [www.devoncommunities.org.uk](http://www.devoncommunities.org.uk)
-  Units 73 & 74 Basepoint Business Centre, Yeoford Way, Exeter, EX2 8LB

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## Devon Partnership Trust






Devon Partnership Trust provide a wide range of NHS services to people with mental health & learning disability needs - in Devon, the wider South West region & nationally.

We are passionate about promoting good mental health & wellbeing. We strive to use the expertise & resources within our organisation, & through our partnerships, to deliver high quality services that are safe & focused on people's recovery.

Volunteering opportunities available: Befriending Recreational activity support Horticultural support

## Contact

-  [dpn-tr.DPTVolunteers@nhs.net](mailto:dpn-tr.DPTVolunteers@nhs.net)
-  [www.dpt.nhs.uk/search?q=volunteers](http://www.dpt.nhs.uk/search?q=volunteers)
-  Wonford House, Dryden Road, Exeter, EX2 5AF





# Devon Gardens Trust



We seek to promote and protect Devon's designed landscape heritage - its parks, gardens and cemeteries for future generations. We do this by maintaining a database of these landscapes, comment on planning proposals, undertake research, support conservation projects and more, no experience necessary as training can be given.

Volunteering opportunities available:

- Research and Recording volunteers
- People with communication skills
- Volunteers to help us organise events

## Contact

 [info@devongardenstrust.org.uk](mailto:info@devongardenstrust.org.uk)

 [www.devongardenstrust.org.uk](http://www.devongardenstrust.org.uk)

 Exeter Community Centre, 17 St David's Hill, Exeter, EX4 3RG

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# Devon Mediation Service



Devon Mediation Service we mediate about many different issues. These include disagreements with neighbours such as property boundaries, high hedges, noise, smells, car parking and shared spaces. We also mediate with people who find themselves in conflict with colleagues at work or in serious disagreements with close friends or family

Volunteering opportunities available: Volunteer Mediators

## Contact

 07423274429

 [coordinator@devon-mediation.org.uk](mailto:coordinator@devon-mediation.org.uk)

 [www.devon-mediaton.org.uk](http://www.devon-mediaton.org.uk)

 C/o Bedford and Co High Street Crediton



# Devon Rape Crisis & Sexual Abuse




We offer confidential, professional support to survivors of rape, sexual assault and childhood sexual abuse in Devon. We provide specialist support online, in person or by phone. Volunteers can also contribute to decision-making, activism, campaigning, publicity and fundraising for our organisation. No previous experience is needed, as training is provided.

Volunteering opportunities available:

- Helpline support workers. (Female only)

## Contact

 01392 208756

 [info@devonrapecrisis.org.uk](mailto:info@devonrapecrisis.org.uk)

 [www.devonrapecrisis.org.uk](http://www.devonrapecrisis.org.uk)

 DRCSAS PO BOX 756 Exeter EX1 9TG

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## Exeter Leukaemia Fund



We support patients and families affected by blood cancer and blood disorders, who are treated at the RD&E Haematology Centre

Volunteering opportunities available:

- Fundraising volunteers (event support and collections)
- Patient Support Drivers
- Filling Time kiosk volunteers within the Haematology Reception area

## Contact

 01392 712048

 [andy@elfcharity.org.uk](mailto:andy@elfcharity.org.uk)

 [www.elfcharity.org.uk](http://www.elfcharity.org.uk)

 The ELF Centre, Unit 2A Manaton Court, Manaton Close, Matford, Exeter, EX2 8PF



# Exeter & District Scouts



We're Scouts and everyone is welcome here. Every week, we help almost half a million people aged 4-25 develop skills for life. Are you ready to join the adventure?

Our aim is to upskill and build confidence.  
Volunteering opportunities available:

- Beaver, Cub and Scout leaders
- Occasional helpers
- Executive members

## Contact

- 07966279532
- 7thexetercubs@gmail.com
- [www.scouts-exeter.org.uk](http://www.scouts-exeter.org.uk)
- Unit 9, Ashton Road, Marsh Barton, Exeter. EX2 8LN

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# Exeter Cathedral



A vibrant community hub & a world-class heritage destination, Exeter Cathedral has been at the heart of Devon for nearly a thousand years.

Now, as then, it offers a refuge for reflection, a place for prayer, & a stage for artists, performers & musicians.

Volunteering opportunities available:

- Event support and stewarding
- Working in the Cathedral shop
- Tour guides (full training given)

## Contact

- 01392 345 887
- [lis.spencer@exeter-cathedral.org.uk](mailto:lis.spencer@exeter-cathedral.org.uk)
- [www.exeter-cathedral.org.uk](http://www.exeter-cathedral.org.uk)
- Exeter Cathedral, 1 The Cloisters , Exeter, EX1 1HS



# Exeter Community Energy



ECOE is committed to fighting climate change & fuel poverty through developing renewable energy projects, providing impartial energy advice & support to residents to reduce carbon emissions & fuel bills.

Volunteering opportunities available:

- Community Energy Champions
- Directors with an interest in the renewable energy sector
- Occasional driver for delivering leaflets in our patch (mileage paid)

## Contact



0800 772 3617



[healthyhomes@ecoe.org.uk](mailto:healthyhomes@ecoe.org.uk)



[www.ecoe.org.uk](http://www.ecoe.org.uk)

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## Exeter Community Fridge

Volunteering opportunities available: Food Collection  
Volunteers Fridge Check Volunteers Social Media Volunteers



The Community Fridge in Exeter Library makes supply chain surplus food available to all for free. The aim is to reduce food waste, save households and businesses money and strengthen community resilience.

Volunteering opportunities available:

- Food Collection Volunteers
- Fridge Check Volunteers
- Social Media Volunteers

## Contact



07966 566435



[foodrescue@recycledevon.org](mailto:foodrescue@recycledevon.org)



[www.facebook.com/ExeterCommunityFridge](http://www.facebook.com/ExeterCommunityFridge)



Exeter Library, Castle Street, Exeter EX4 3PQ



# Exeter Community Initiative Transitions



We aim to help adults who are experiencing vulnerability to manage change positively, combat isolation & improve overall wellbeing.

We provide resources & support to develop skills, confidence & community networks in order to increase resilience & independence.

Volunteering opportunities available:

- Wellbeing coach
- Workshop support
- Resources & Social media volunteer

## Contact

 07531 870203

 [transitions@eci.org.uk](mailto:transitions@eci.org.uk)

 [www.transitions.eci.org.uk](http://www.transitions.eci.org.uk)

 Wat Tyler House , 3 King William Street Exeter, EX4 6PD

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# Exeter Community Initiatives Jelly



Jelly is a Children's Charity Shop selling second-hand children's clothes, shoes, toys and accessories and we are a project of Exeter Community Initiatives.

We pride ourselves on being one of the only children's charity shops in the UK, fulfilling a need for those on lower incomes.

Volunteering opportunities available:

- Shop Assistant

## Contact

 01392 435835

 [jelly@eci.org.uk](mailto:jelly@eci.org.uk)

 [www.jelly.eci.org.uk](http://www.jelly.eci.org.uk)

 148-149 Fore Street Exeter, EX4 3AN





# Exeter Drama Company



Exeter Drama Company is an amateur dramatics group based in Exeter, Devon, UK. As a local community drama company, we bring entertainment, smiles & fun to our local community.

Our shows are accessible to all & we keep ticket prices low to ensure everyone can come along & enjoy the show.

Volunteering opportunities available:

- Lighting and/or Sound Technician
- Set Designer and Builder
- Wardrobe Assistant

## Contact

 01392 221481

 [sam\\_lew@outlook.com](mailto:sam_lew@outlook.com)

 [www.exeterdramacompany.co.uk](http://www.exeterdramacompany.co.uk)

 Heavitree Church Hall Church Street, Heavitree, Exeter, EX2 5EH

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# Exeter Heritage



Exeter Heritage Volunteers is a new project launching in 2023. A range of opportunities will be available across a number of heritage organisations in the city, including RAMM, St Nicholas Priory, Exeter Cathedral & Devon & Exeter Institution.

You'll be in charge of setting your hours, and which events you want to support.

Volunteering opportunities available:

- Stewarding for heritage events
- Tour guides

## Contact

 [hello@exeterculture.com](mailto:hello@exeterculture.com)

 [www.exeterculture.com](http://www.exeterculture.com)



# Exeter Library of Things



Exeter Library of Things is a not-for-profit Community Interest Company. Our aim is to reduce consumption, encourage community engagement & create sustainable living habits, all the while helping members cut down on costs and free up space.

The scheme gives members access to a wide range of items including power tools, hand tools, household & leisure items.

Volunteering opportunities available:

- Library assistants
- Maintenance support
- Marketing via Social Media

## Contact

 07967 805492

 [exeterlot@gmail.com](mailto:exeterlot@gmail.com)

 [www.exeterlot.org.uk](http://www.exeterlot.org.uk)

 3rd Floor, 178-179 Sidwell St, Exeter, EX4 6RD

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# Exeter West Lions Club



Local and international support for individuals and Charities, Service activities, part of Lions International 1.9 million members in 192 Countries

Volunteering opportunities available:

- Volunteers for Fund raising
- Activities both social and Service

## Contact

 03458339818

 [exwestlions@btinternet.com](mailto:exwestlions@btinternet.com)

 [exeterwestlions.org.uk](http://exeterwestlions.org.uk)

 18 Walsingham place Exeter EX2 7RG



# FORCE Cancer Charity



FORCE is your local cancer charity and we support anyone affected by cancer. We have set roles and try to find the best fit with each potential volunteer. There is no age limit, but being able to do all aspects of the role and be willing to learn and train on new systems is essential as well as being reliable and able to offer some regularity.

Volunteering opportunities available:

- Charity Shop Volunteers
- Till operators
- Snack Bar volunteers - using a till and card machine.

## Contact

 01392 406154

 heather.taylor@forcecancercharity.co.uk

 [www.forcecancercharity.co.uk](http://www.forcecancercharity.co.uk)

 FORCE Cancer Charity, Corner House, Barrack Road, Exeter, EX2 5DW

## FearLess



JFearLess support people who have experienced domestic abuse, sexual violence & stalking. We offer preventative, crisis & recovery support across the South West.

Volunteering opportunities available:

- Volunteer Mentor Befrienders - Recovery Support
- Volunteer Domestic Abuse Risk Assessors
- Volunteer Fundraising Support

## Contact

 07525 803 354

 volunteer@fear-less.org.uk

 [www.fear-less.org.uk](http://www.fear-less.org.uk)

 Buckland House, Pavilion 3, Park 5 Business Centre Harrier Way, Exeter, EX2 7HU



## Food Bank Exeter



We don't think anyone in our community should have to face going hungry. That's why the Exeter Foodbank provides three days' nutritionally balanced emergency food and support to local people who are referred to us in crisis.

Volunteering opportunities available:

- Sorting Volunteers
- Welcome Volunteer in the 'Living Room'
- Supermarket collectors

## Contact

-  07943 896717
-  [admin@exeterfoodbank.org.uk](mailto:admin@exeterfoodbank.org.uk)
-  [www.exeter.foodbank.org.uk](http://www.exeter.foodbank.org.uk)
-  Exeter Food Bank, PO Box 661, Exeter, EX2 5PS

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## Freedom Wheels



We provide a specialist transport service for the senior and disabled people in the community. Volunteers can drive as often or as little as they like.

You will need a full driving licence, ability to operate a powered wheelchair lift and a reasonable level of fitness

You can drive as little or as often as you like. We will provide full training and DBS application.

## Contact

-  01392 464206
-  [info@freedomwheels.uk](mailto:info@freedomwheels.uk)
-  [www.freedomwheels.uk](http://www.freedomwheels.uk)
-  Ashclyst Centre, Hospital Lane, EXETER. EX1 3RD



# Girl Guiding Exeter



Girl Guiding Exeter is part of the Worldwide organisation for Girl Guiding, running weekly meetings for Rainbows, Brownies, Guides, Rangers & Trefoil Lodge, aged 4 upwards.

Volunteering opportunities available:

- Activity volunteers

## Contact

 07952 653324

 ExeterGirlguiding@outlook.com

 [www.girlguidingexeter.org](http://www.girlguidingexeter.org)

 Girl Guides Exeter, Trefoil Lodge, Buddle Lane, Exeter, EX4 1JP

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# GoodGym



GoodGym run, walk, & cycle to help local community organisations & isolated older people with practical tasks.

We're not an ordinary gym. We offer a way to volunteer that fits into your life easily, making it easy to commit for the long-term.

Volunteering opportunities available:

- GoodGym Volunteer (helping your local community, have a pair of trainers and want to help isolated individuals)

## Contact

 07902973332

 craig@goodgym.org

 [www.GoodGym.org](http://www.GoodGym.org)

 GoodGym, Somerset House, Strand, London, WC2R 1LA





## Heart Heroes



We support children aged 0-16yrs who are living with a heart condition. We not only support children but their whole family. We put on events, hub coffee mornings, online support & provide in-hospital support.

Volunteering opportunities available:

- Heart Heroes Volunteer - Help set up and tidy away at events, make refreshments and engage with families

### Contact

 07971 837435

 amy@heartheroes.co.uk

 [www.heartheroes.co.uk](http://www.heartheroes.co.uk)

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## Home-Start Exeter East and Mid Devon




Volunteers provide regular emotional & practical support for parents of small children, who may be struggling with feeling isolated & lonely; illness; depression & poor mental health; debt; or multiple birth.

Volunteers receive full training, an enhanced DBS check, reimbursed travel expenses & the regular support of a Home-Start Coordinator.

Volunteering opportunities available:


- Family Support Home-Visiting Volunteers

### Contact

 01395 542298

 nicola@homestarteemd.org.uk

 [www.homestarteemd.org.uk](http://www.homestarteemd.org.uk)

 Exmouth Business Centre, 14 Hartley Road, Exmouth, EX8 2SG



# Hospiscare

Hospiscare is the local hospice for Exeter, Mid Devon and East Devon. Our services include support at home, a specialist palliative care ward, out-patients clinics, and supportive therapies. Our work is supported by our fundraising and retail operations.



Volunteering opportunities available:

- Retail volunteers (shops, warehouse, e-commerce)
- Front of House/welcome/patient support volunteers
- Fundraising and admin support

## Contact

 01392 688005

 [volunteering@hospiscare.co.uk](mailto:volunteering@hospiscare.co.uk)

 [www.hospiscare.co.uk](http://www.hospiscare.co.uk)

 Hospiscare, Searle House, Dryden Road, Exeter, EX2 5JJ

# Hospital Radio Exeter



Hospital Radio Exeter is the radio station for the patients of the Royal Devon & Exeter Hospital (Wonford) & residents of care homes in the Exeter area manned by volunteers broadcasting from within the Hospital. Application forms are on our website and applicants must be 18 or over. DBS checks will be required.

Volunteering opportunities available:

- Ward Visitors
- Presenters
- Administration

## Contact

 01392 279755

 [Adminhospitalradioexeter@btinternet.com](mailto:Adminhospitalradioexeter@btinternet.com)

 [www.hospitalradioexeter.com](http://www.hospitalradioexeter.com)

 Hospital Radio Exeter RD&E (Wonford) Barrack Road Exeter, EX2 5DW



# InExeter



We are the Business Improvement District for the city, who host and organise the annual celebration for the city for Christmas - Exeter Carnival. We have our main event Exeter Carnival for which we need a big team of volunteers to marshal road closures and direct general public, which takes place in November but throughout the year we have markets across the city for smaller events which we would love to have volunteers a part of, to help us.

Volunteering opportunities available:

- Event stewards, confidence to talk to public and traders, interest in events and markets, willingness to be adaptable.
- Light lifting and carrying - nothing heavy but moving of objects. Have to be happy to work outside in all weather. Punctual, reliable, friendly.
- Carnival Route Steward / Carnival Line Up Marshal / Carnival General Volunteer

## Contact

- 07923 913750
- marina@inexeter.com
- [www.inexeter.com](http://www.inexeter.com) or [www.exetercarnival.co.uk](http://www.exetercarnival.co.uk)
- 22b Waterbeer Street, Exeter, EX4 3EH

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## Interwoven Productions

Interwoven Productions are Creative Placemakers. We connect people to people & people to place through community building, creative & heritage-inspired activity



Volunteering opportunities available:

- Place Champion - this is a national lottery heritage funded role with oodles of great support and training. If you have up to 7 hours per week (flexible), then this is a fantastic learning opportunity.

## Contact

- 07855 935137
- annabelle.lowes@julianhouse.org.uk
- [www.interwovenproductions.com](http://www.interwovenproductions.com)
- Interwoven Productions CIC 8 Chard Road Heavitree Exeter, EX1 3AX



## Julian House



Julian House is a charity that supports vulnerable & at-risk individuals. These include adults & young people experiencing homelessness, escaping domestic abuse, adults with learning difficulties & people who need support after leaving prison.

Volunteering opportunities available:

- Charity event support
- Public donations & charity collection support

## Contact

 07903 192786

 [annabelle.lowes@julianhouse.org.uk](mailto:annabelle.lowes@julianhouse.org.uk)

 [www.julianhouse.org.uk](http://www.julianhouse.org.uk)

 Wat Tyler House, 3 King William Street, Exeter, EX4 6PD

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## Living Options Devon



We empower disabled people to live the life they choose. Living Options Devon is working across the South West to ensure that people with disabilities & Deaf people (who use British Sign Language) can live the life they choose.

There are a variety of roles to get involved with through volunteering from office support to helping out at events or being an ambassador.

Volunteering opportunities available:

- Deaf Get Active Volunteer
- Volunteer Photographer / Videographer

## Contact

 01392 459222

 [info@livingoptions.org](mailto:info@livingoptions.org)

 [www.livingoptions.org](http://www.livingoptions.org)

 Ground Floor Units 3-4 Cranmere Court Lustleigh Close Matford Business Park Exeter, EX2 8PW



# LOVE Food CIC


LOVE Food CIC organise community food activities including lunch clubs, cookery classes, community fridge, apple juicing projects & more.



Volunteering opportunities available:

- Lunch club volunteers
- Cookery class volunteers
- Community Fridge volunteers
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## Contact

 0797 582 9706

 [lovefoodcic@gmail.com](mailto:lovefoodcic@gmail.com)

 [www.lovefoodcic.co.uk](http://www.lovefoodcic.co.uk)

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# Magic Carpet

Based in Exeter, Magic Carpet delivers face to face creative activities in various locations to people who are unable to access the arts because of difficulties with health, disability or their social circumstances. At our heart are compassion, opportunities for growth and well-being.



Volunteering opportunities available:

- Drama session volunteers
- Administration volunteer

## Contact

 01392 422938

 [Allie@magiccarpet-arts.co.uk](mailto:Allie@magiccarpet-arts.co.uk)

 [www.magiccarpet-arts.co.uk](http://www.magiccarpet-arts.co.uk)

 Exeter Phoenix, Bradninch Place, Gandy Street, Exeter, [EX4 3LS](http://www.exeter.gov.uk)

# Marie Curie


We are an end-of-life charity. We believe everyone should get to lead the best life they can, right to the end.



Volunteering opportunities available:

- Homebased Marie Curie Telephone Bereavement Support Companion
- Home based Patient Experience Volunteer
- Home based Marie Curie Social Media Volunteer

## Contact

 0800 3047 412

 [southwesthelper@mariecurie.org.uk](mailto:southwesthelper@mariecurie.org.uk)

 [www.Mariecurie.org.uk](http://www.Mariecurie.org.uk)

 Marie Curie, 92 South Street, Exeter, EX1 1EN

# Make a Smile

Our aim is to provide enrichment to disadvantaged children who have disabilities, are in hospital, or come from low-income families. Our volunteers dress up as well-known characters, such as Disney Princesses and Superheroes, and visit the children to brighten their days and create as many smiles as possible!



Volunteering opportunities available:

- Characters - Visit children in costume, as well-known children's characters
- Provide support at events of a number of other charities, children's hospitals and council organisations through story time, interactions and activities.
- Magic Makers - Visit children out of costume and provide enrichment such as arts and crafts, games etc.
- Imagineers - Help behind the scenes by organising events, recruiting volunteers, running training sessions, helping sort costumes, running fundraisers etc.

## Contact

 07544509139

 [exeter@makeasmile.org.uk](mailto:exeter@makeasmile.org.uk)

 [www.makeasmile.org.uk](http://www.makeasmile.org.uk)

 20 Abbots Road, Exeter, EX4 7AN



## On The Hill CIC



On The Hill CIC provide land based & experiential learning opportunities to a wide range of people, including school groups, university students & families. We operate for the benefit of the community & to encourage people to engage with the land & to develop relationships with each other through meaningful & rewarding activity.

Volunteering opportunities available:

- Land-based learning facilitator with children & young people
- Kitchen & cooking volunteer
- Garden & growing volunteer

### Contact

 01392 422938

 Allie@magiccarpet-arts.co.uk

 [www.magiccarpet-arts.co.uk](http://www.magiccarpet-arts.co.uk)

 Exeter Phoenix, Bradninch Place, Gandy Street, Exeter, [EX4 3LS](http://www.exeter.gov.uk)

## organicARTS




OrganicARTS is a charity working with creativity & land based learning to empower all people within our community; and encouraging a healthy and fulfilling future.

We run many educational visits and walks, classes, workshops, community projects, exhibitions & performances.

Volunteering opportunities available:

- Volunteer Mini Bus Driver
- Trustees

### Contact

 01392 811080

 philiy@organicarts.org

 [www.organicarts.org.uk](http://www.organicarts.org.uk)

 organicARTS, West Town Farm, Ide, Exeter, EX2 9TG





# Poltimore House and Grounds

By volunteering at Poltimore House and Grounds on the outskirts of Exeter, you can give something back to your local community and help preserve this special place.

You will have the chance to work with an enthusiastic and dedicated team, learning new skills or using skills you already have.



Volunteering opportunities available:

- helping out in the cafe
- gardening
- history and architecture
- fundraising
- business development
- administration
- house/ground tours

## Contact

 [Info@poltimore.org](mailto:Info@poltimore.org)

 [www.poltimore.org](http://www.poltimore.org)

 Poltimore House, Poltimore EX4 0AU

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# Park Life Heavitree



Park Life Heavitree is a community charity based in & around Heavitree Pleasure Ground, Exeter. We have the broad vision to help create a safe, welcoming & supportive place where people can come together & be part of a thriving community.

Volunteering opportunities available:

- Cafe Volunteer- front of house- serving food/ clearing tables/ washing up and chatting to customers
- Befrienders - building relationships with people either on the phone or in person who are isolated or alone

## Contact

 [kate@parklifeheavitree.org.uk](mailto:kate@parklifeheavitree.org.uk)

 [www.parklifeheavitree.org.uk](http://www.parklifeheavitree.org.uk)

 Park Life Cafe & Community Hub Whipton Lane Heavitree, Exeter, EX1 3DN



# Royal Air Force Air Cadets



The Royal Air Force Air Cadets offer young people aged 12-20 years an opportunity to experience activities focused on aviation, adventure & action.

Volunteering opportunities available:

- Anyone aged 20+ can apply, no skills required as training provided
- We are looking for volunteers who can give up a few hours per week and a couple of weekends per year.

## Contact

 01392 411818

 [oc.2469@rafac.mod.gov.uk](mailto:oc.2469@rafac.mod.gov.uk)

 [www.raf.mod.uk/aircadets](http://www.raf.mod.uk/aircadets)

 469 Air Cadets, Old Vicarage Road St. Thomas, Exeter, EX2 9BL

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# Royal Devon University Hospital



Looking after & caring for patients & nursing them through recovery from illness & accidents to the highest medical standards. The Church Urban Fund Refugee Support Grants are offering grants of between £500 and £5,000 available to Christian churches and registered Christian charities who are members of the Churches Together in England movement for projects that support refugees from Afghanistan and Ukraine.

Volunteering opportunities available:

- Meet Greet
- Support at all entrances & welcome areas.

## Contact

 01392 402080

 [rde-tr.volunteers@nhs.net](mailto:rde-tr.volunteers@nhs.net)

 [www.royaldevon.nhs.uk](http://www.royaldevon.nhs.uk)

 Royal Devon & Exeter Hospital, Barrack Road, Exeter, EX2 5DW



## Read Easy Exeter



Read Easy Exeter provides free, confidential, one-to-one coaching, using a phonics-based reading programme, for adults who want to learn to read or improve their reading skills. We are keen to hear from potential volunteers who are interested in coaching (teaching experience is not essential) or helping to research community groups to target for referrals to Read Easy Exeter.

Volunteering opportunities available:

- Team Leader
- Treasurer
- Publicity Organiser
- Coordinator
- Reading Coaches

### Contact

 07486 858012

 [www.readeasy.org.uk/groups/exeter](http://www.readeasy.org.uk/groups/exeter)

 [exeterrecruiter@readeasy.org.uk](mailto:exeterrecruiter@readeasy.org.uk)

## Salvation Army Housing Association



The Salvation Army Housing Association (Saha) provides supported housing and general needs property across the country. Within Devon Saha operate a service (Exeter & East Devon Mental Health Services) that provides supported accommodation for adults with complex mental health needs.

Volunteering opportunities available:

- Gardening
- Arts & Crafts
- Cooking

### Contact

 01395 223737

 [eedmhs@saha.org.uk](mailto:eedmhs@saha.org.uk)

 [www.saha.org.uk](http://www.saha.org.uk)

 St Andrews House, St Andrews Road, Exmouth, EX8 1AS



## SisterWood


SisterWood provides a programme for young people identifying as female aged 12-16 to support their mental wellbeing, through a blend of forest school & mindfulness based activities held in the woods.



Volunteering opportunities available:

- Volunteer drivers
- Volunteers to support the running of the sessions for 6 weeks
- Volunteer social media support

## Contact

 0775 984 1568

 [fran@sisterwood.org](mailto:fran@sisterwood.org)

 [www.sisterwood.org](http://www.sisterwood.org)

 SisterWood, Deer Leap Farm, Higher Ashton, EX6 7QS

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## Southernhay Child Contact Centre

Southernhay (Exeter)



Child Contact Centre

We provide a welcoming, safe space for children to spend time with a parent they no longer live with.


We are in central Exeter and are open on alternate Saturdays.

Volunteering opportunities available:


- Volunteers to support the contact between children and their non-resident parents.

## Contact

 0759 2701 091

 [juliams22571@gmail.com](mailto:juliams22571@gmail.com)

 [www.southernhayccc.co.uk](http://www.southernhayccc.co.uk)

 Southernhay Child Contact Centre, Southernhay Hall Southernhay East Exeter, EX1 1QD

# South West MS Therapy Centre



We are an independent, self-funding Exeter charity, providing oxygen therapy, physiotherapy and a range of other therapies, treatments and support for people in the South West living with MS and other neurological conditions.

Volunteering opportunities available:

- Oxygen Operator - full training given
- Exercise Class support - full training given
- Ad-hoc support for Bucket collections

## Contact

 01392 447411

 [admin@southwestmscentre.co.uk](mailto:admin@southwestmscentre.co.uk)

 [www.southwestmscentre.co.uk](http://www.southwestmscentre.co.uk)

 South West MS Centre, West Grange, Clyst Heath, Exeter, EX2 7EY

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# St Sidwells Community Centre

*St. Sidwell's Community Centre*

We are an independent community centre in the heart of Exeter giving a warm welcome regardless of background, ability or circumstance. We offer a wide programme of activities, events and services for the local community.

Volunteering opportunities available:

- Bread deliveries on our electric cargo bike
- ESOL teacher
- Heritage

## Contact

 01392 666222

 [volunteer@stsidwells.org.uk](mailto:volunteer@stsidwells.org.uk)

 [www.stsidwells.org.uk](http://www.stsidwells.org.uk)

 St Sidwell's Community Centre, Sidwell Street, Exeter, Devon, EX4 6NN



# Theatre Alibi



Theatre Alibi are contemporary storytellers, creating work for all ages that moves freely between the intimate & the epic & aspires to be inventive, joyful, moving, vivid, intricate and ambitious. We also offer other volunteering opportunities for one off events, especially around Christmas

Volunteering opportunities available:

- Ushering
- Selling/collecting tickets
- Reception

## Contact

 01392 217315

 [annie@theatrealibi.co.uk](mailto:annie@theatrealibi.co.uk)

 [www.theatrealibi.co.uk](http://www.theatrealibi.co.uk)

 STheatre Alibi, Emmanuel Hall, Emmanuel Road Exeter, EX4 1EJ

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# The Beacon Centre



The Beacon support the community of Beacon Heath & Whipton. We have weekly drops in /family fun-days/ Tadpoles & Youth groups & many other groups who use the Centre.

Volunteering opportunities available:

- Gardening
- I.T/Website skills
- Activity organisers

## Contact

 01392 204979

 [info@thebeaconcentre.org](mailto:info@thebeaconcentre.org)

 [www.thebeaconcentre.org](http://www.thebeaconcentre.org)

 The Beacon Centre Beacon Lane, Exeter, EX4 9AF



# The Friends of Heavitree Health Centre



We are a Volunteer scheme based within a GP Practice supporting people with their health and wellbeing by having a transport scheme to help get to medical appointments and activities to help with isolation.

Volunteering opportunities available:

- Chair Person
- Drivers
- General help and fundraising

## Contact

 01392 277409

 jackie-minto.friendshhc@hotmail.com

 [www.heavitreepractice.co.uk/friends](http://www.heavitreepractice.co.uk/friends)

 Heavitree Health Centre, South lawn Terrace Exeter EX1 2RX

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## The Hot Food Project



The Hot Food Project was started during the pandemic to support people who are facing food or financial difficulty due to the cost of living crisis. We try to use excess food that would otherwise be thrown away to make and deliver hot meals once a week. Sessions run every Wednesday morning at The Mint Methodist Church.

Volunteering opportunities available:

- Cooks
- Kitchen Assistants/ food preppers

## Contact

 01392 410530

 exeterhfpinfo@gmail.com

 [www.foodexeter.org.uk](http://www.foodexeter.org.uk)

 The Mint Methodist Church, Fore Street, Exeter, EX4 3AT





# The Salvation Army







Every weekend our Community Team provide hot meals, pasties, goody bags and food parcels to those in need of assistance. Meals are prepared and given out as takeaway food.

Volunteering opportunities available:

- Cooks
- Kitchen Assistants/ food preppers

Sessions run every Wednesday morning at The Mint Methodist Church.

## Contact

-  01392 216553
-  [volunteering.exeter@salvationarmy.org.uk](mailto:volunteering.exeter@salvationarmy.org.uk)
-  [www.salvationarmy.org.uk/Exeter-Temple](http://www.salvationarmy.org.uk/Exeter-Temple)
-  Friars Walk, Exeter, EX2 4AZ

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## Together Drug & Alcohol Service



EDP Drug & Alcohol Services support people to address their drug and alcohol misuse. A fundamental belief underpinning our work is that, given the right support and resources, people can and do make remarkable changes

Volunteering opportunities available:

- Peer Mentor - lived experience role
- Recovery Support Volunteer - 6 months in recovery or no lived experience.
- We are looking for volunteers who are non-judgemental, empathetic and want to support others on their recovery journey.

## Contact

-  01392 410530
-  [cattkinsey@together-devon.org.uk](mailto:cattkinsey@together-devon.org.uk)
-  [www.edp.org.uk](http://www.edp.org.uk)
-  Magdalene House, Grendon Road, EX1 2NJ



YMCA Exeter works to end the cycle of youth homelessness by providing housing, wellbeing support, employment guidance, education & training to local, vulnerable young people.

We believe a young person's past does not have to determine the shape of their future & we aim to equip young people to belong, contribute & thrive in their community.

Volunteering opportunities available:

- volunteer opportunities across our housing projects

## Contact

 01392 410530

 [sue.wilson@ymcaexeter.org.uk](mailto:sue.wilson@ymcaexeter.org.uk)

 [www.ymcaexeter.org.uk](http://www.ymcaexeter.org.uk)

 MCA Exeter, 39, 41 St. Davids Hill, Exeter EX4 4DA



Exeter Connect have taken time to support us to grow from a small group into a thriving community interest company.

**Tony, Co-Creatе CIC**

## Who we are

Exeter Connect is a project of Exeter Community Initiatives. We are a voluntary and community sector support service providing free one-to-one mentoring and advice; training and events; and networks to help community groups in Exeter develop and grow.

We have a vision to make Exeter a place where residents, community groups and organisations can make a positive difference in the places where they live and work.

Whatever stage you are at with your project or community group, we can help on topics such as:

- Starting up a group
- Organisational health checks
- Funding support
- Business planning
- Role of Trustees

Get in touch via the contact details below.

